



WHEN DISASTERS STRIKE: A PLANNING, RESOURCE AND RECOVERY GUIDE.

Natural or man made **disasters** can strike anywhere and at anytime. They can take many forms. These disasters happen suddenly and without warning. This brochure will help insure that you, your family and your property are safe. The following pages will provide you with tips to help prepare before a natural or man made disaster, as well as help you to be ready to return home after a disaster has struck.

“Being prepared

for a potential disaster can mean the difference between life and death.

Every second counts when you are confronted with the unthinkable.

The following pages of this guide are full of tips to help ensure that your loved ones and your property are safeguarded.”



Martin Garrick

— Martin Garrick
Assemblyman, 74th District

Looking at the potential downfalls of a man made or natural disaster in advance will help you ready your family if one were to strike.

Having an emergency preparedness kit made and preparing a family disaster plan in advance will help save valuable time if a disaster were to arise.

CREATE A FAMILY DISASTER PLAN

Man made and natural disasters hit hard and they hit fast, having your family prepared in advance will save precious moment when they are most valuable.

Plan a family meeting

- Discuss the types of disasters that could happen in your area.
- Explain to family members how to prepare and respond
- Discuss what to do if your are told to evacuate
- Decide on how to care for your pets (pets are not allowed in public shelters)

Keep in touch

- Plan on how your family will stay in touch if you are separated
- Pick two distinct meeting places:
 - one location should be a safe distance from your home in case of an immediate emergency, like a fire.
 - a second location should be outside your neighborhood in case you are not allowed to return home.
- Choose an out-of-state friend or family member as a “check-in contact” for everyone to call. Make sure each family member has the contact’s home, work and cell numbers.
- Become familiar with the emergency action plan at your children’s school or daycare center.
- Become familiar with the emergency action plan of each family member’s place of employment.



Important Emergency Steps

- Post emergency telephone numbers by every phone.
- Teach children how and when to call 9-1-1.
- Show responsible family members how, when and where to shut off water, gas and electricity at main switches. (do not turn the gas back on yourself, rely on utility crews).
- Have each family member know the location of all fire extinguishers and how to use them.
- Install smoke detectors on every level of your home, especially near bedrooms and the kitchen.
- Have each family member of age learn basic first aid and CPR.

Practice, practice, practice

- Practice your evacuation and meet up plan at least once a month with all family members in attendance.
- Test smoke detectors monthly and change the batteries twice a year.
- Test and recharge your fire extinguishers.

Food & Water

During times of emergency food and water are hot commodities that may not be available by the time you get to a store a safe distance away from a disaster.

Food

Shop for and Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

Do not forget to rotate the supply every six months.

Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk, soup (if powdered, pack extra water).
- Sugar, salt and pepper.
- High energy foods – peanut butter, jelly, crackers, granola bars and trail mix.
- Vitamins
- Food for infants, elderly persons or those on special diets.
- Comfort foods – cookies, hard candy, sweetened cereals, instant coffee and tea bags.

Water

Shop for and store water in plastic containers, reusable water containers are now a staple at most grocery food stores. Avoid using containers that will decompose or break, such as milk containers or glass bottles. A normally active person needs to drink at least two quarts (8 glasses of water) a day. Hot environments and heavy physical activity can easily double that amount. Children, nursing mothers and ill people will need more. Remember to change your water supply every six months along with your food.

- Store at least one gallon (4 quarts) of water per person per day (two quarts for drinking, two quarts for food preparation and sanitation).
- Keep at least a three-day supply of water for each person in your household. For example if you have a family of four, you should store at least 12 gallons of water for an emergency.

Supplies for potential evacuation

Being prepared in advance will save time and energy in times of emergency. Proper preparation for first-aid can help with small medical emergencies that may arise during an emergency. Assemble and store first-aid kits for your home and each automobile. Readily available tools and supplies will also help your family during potential times of emergency. Pre-packed clothing and bedding will help your family transition much quicker of an immediate evacuation is called.

First-Aid Kits Wildfires

A first-aid kit should include the following:

- Sterile adhesive bandages in assorted sizes
- Two- and four- inch sterile gauze pads (four to six of each)
- Hypoallergenic adhesive tape
- Triangular bandages (at least three)
- Two- and three- inch sterile roller bandages (at least three rolls of each)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (at least two)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent or soap
- Latex gloves (at least 2 pairs)
- Sunscreen
- Non-prescription drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control Center)

Tools & Supplies

Tool & supply kits should include the following:

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries (check the batteries annually)
- Flashlight and extra batteries
- Cash or traveler's checks, 5 dollars in change
- Non-electric can opener, utility knife
- Fire extinguisher (small canister, ABC type)
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencils
- Needles, thread
- Medicine dropper
- Wrench to turn off household gas, water and electric
- Whistle
- Plastic sheeting
- Map of the area (to locate emergency shelters)
- Toilet Paper
- Towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties (for personal sanitation if you cannot locate a shelter)
- Plastic bucket with a tight lid
- Disinfectant
- Household chlorine bleach



Clothing & Bedding

Include at least one complete change of clothing and footwear for each family member. Remember to update this supply once a year when you change your food and water.

Clothing and bedding packs should include the following:

- Sturdy work shoes or boots
- Rain gear
- Blankets or sleeping bags
- Pillows
- Hat and gloves
- Thermal underwear
- Sunglasses

Special Items

Some in your family may require specialized items when an emergency occurs. Remembering the special needs of infants, elderly or disabled family members will create an easy transition during times of emergency.

- Special items may include:
- For infants & babies
- Formula
- Diapers
- Bottles
- Powdered milk

For adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs (check with your pharmacist for storage concerns)
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment, books and games
- Important family documents (keep all records in a waterproof, portable container)
 - Will, insurance policies, contracts, deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods
 - Family records (birth, marriage, death certificates)

Getting back on your feet after a disaster

Disasters are sudden and unexpected. No matter what the cause the resulting financial devastation and emotional trauma can be overwhelming. Recovering from a disaster takes time. The following section of this guide is designed to provide some basic information and tips on what to do and where to go to get help.

Respond immediately after the disaster

If a natural or man made disaster strikes, try to stay calm and don't panic. If you have taken all of the steps mentioned in the pages past you will be in great shape. Remember that help is on the way. Local officials and relief workers will provide assistance, but it could be hours or even days before they get to you.

The following are some tips on what to do and how to cope until help arrives:

- Don't call 9-1-1 unless you have a major injury or a life-threatening emergency.
- Check for injuries and apply first-aid.
- Follow your established family disaster plan – this will help especially if you are separated from your family.
- Check for any hazards or damage to your home.
- Don't use matches to turn on electrical switches – this may cause an explosion.
- Call your out-of-area contact and check in.
- Stay tuned to the radio for information from local authorities or officials.
- Avoid the disaster area unless you need to be there – you could hamper rescue and emergency operations, as well as potentially putting yourself in harm's way.
- If you need to evacuate, determine the safest meeting place in your emergency plan where you will reunite with your loved ones.
- Leave a message at your home to let people know where you are.
- Access your disaster supplies kit and make sure you are ready to leave with all of your supplies at a moments notice.



Recovering from the trauma of a disaster

People react in a number of different ways to the trauma that follows a natural or man made disaster. Some feel disoriented, others sad, angry or fearful, while others may just feel helpless and numb. People can lose sleep and have difficulty concentrating. The best advice is to address your feelings and to keep the lines of communication open.

The following are tips on how to cope after a tragedy:

- Talk about your feelings and respect that others may feel and react differently.
- Accept that your ability to function may be temporarily limited.
- Stay healthy by eating regularly and getting enough sleep.
- Do something to become involved in the relief efforts.
- Maintain ordinary routines as much as possible.
- Seek professional help if you need it.
- Remember that you are not the only one feeling overwhelmed.
- Limit the amount of television and radio you expose yourself to.
- Stay connected with your support systems – family, friends, social groups, neighbors and spiritual groups.

Receiving financial assistance

Disasters can result in a significant financial loss. However, when a disaster strikes, government agencies are quick to respond. Citizens are quickly notified where to find a nearby Disaster Application Center (DAC), where affected residents may apply for loans and grants. These centers are also ideal locations to receive information regarding housing, employment, business and other types of relief. Referrals are also made to numerous volunteer agencies that provide food, medical assistance and shelter.

While DACs are in important resource, your family needs to know where to go for help. Depending on the type of disaster you may need to contact local, state or federal agencies.

These agencies offer assistance in several forms:

- Low-interest loans and cash grants
- Housing assistance
- Tax refunds
- Veteran’s benefits
- Unemployment benefits
- Crisis counseling
- Free legal counseling

Make sure that you keep detailed notes and a log of all phone calls and correspondence with relief and other agencies. Make a not of and hold onto your disaster identification number if one is assigned to you. Remember to keep all documentation that is given to you.

Resources

The following contact information will help you greatly before, during and after a disaster. Please use this section to get in touch with local, state and federal agencies in times when either a disaster is eminent or has happened to your community.

Federal Emergency Management Administration (FEMA)

<http://www.fema.gov>
24-hour disaster info hotline and referral to disaster assistance agencies
800-525-0321

California Office of Emergency Services (OES)

<http://www.oes.ca.gov>
Safety information and referral line – 800-550-5234

California Department of Forestry and Fire Protection

<http://www.fire.ca.gov>
Fire Safety information and publications line – 916-653-5123

California Department of Insurance

<http://www.insurance.ca.gov>
Information line – 800-927-HELP (4357)

California Department of Social Services

<http://www.dss.cahwnet.gov>
Information Line – 800-759-6807

California Department of Transportation

<http://www.dot.ca.gov>
Information line – 800-427-7623

California Environmental Resources Evaluation System

<http://www.ceres.ca.gov>

California Department of Toxic Substances Control

<http://www.Ciwmb.ca.gov>
Information line – 800-728-6942

American Red Cross

<http://www.redcross.org>
Check your local directory for the closest office’s phone number

Salvation Army

<http://www.Salvationarmy.org>
Check your local directory for the closest office’s phone number

Local numbers

Call 9-1-1 in an emergency

Fire: _____

Police: _____

Schools: _____

Utilities: _____

“Disaster’s are a horrendous part of life in California. This guide was prepared in order to help you utilize local, state and federal resources should you find yourself in need during or after a tragedy.”



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